**Stafford Half Marathon Plan – 3 runs per week**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Week | Date | Run 1 | Run 2 | Run 3 |
| Week 1 | 28/12/2015 | 30 mins easy | 4 miles steady | 50 - 60 mins long run |
| Week 2 | 04/01/2016 | 40 mins easy | 4 mile steady | 60 - 70 mins long run |
| Week 3 | 11/01/2016 | 15 mins warm up, 5-10 hills climbs with jog recoveries, 15 mins cool down | 45 mins easy | 70 - 80 mins long run |
| Week 4 | 18/01/2016 | 45 mins easy | 5 mile steady (undulating) | 80 - 90 mins long run |
| Week 5 | 25/01/2016 | 15 mins warm up, 4\*4 min threshold with 90secs recovery, 15 mins cool down | 45 mins easy | 90 - 100 mins long run or 5 mile / 10k race |
| Week 6 | 01/02/2016 | 50 mins easy | 60 mins steady | 60 mins long run, 10 mins walk, 60 mins long run |
| Week 7 | 08/02/2016 | 15 mins warm up, 5-10 hills climbs with jog recoveries, 15 mins cool down | 45 mins easy | 110 - 120 mins long run |
| Week 8 | 15/02/2016 | 40 mins easy | 5 mile steady (undulating) | 60 mins long run or 10k race |
| Week 9 | 22/02/2016 | 15 mins warm up, 3\*7 min threshold with 90secs recovery, 15 mins cool down | 50 mins easy | 120 - 130 mins long run |
| Week 10 | 29/02/2016 | 50 mins easy | 4 miles steady | 100 - 110 mins long run |
| Week 11 | 07/03/2016 | 15 mins warm up, 5-10 hills climbs with jog recoveries, 15 mins cool down | 45 mins easy | 60 - 70 mins long run |
| Week 12 | 14/03/2016 | 30 mins easy | 25 mins easy | Race Day –  20 / 03 /2015 |

* Include parkrun on Saturday mornings to increase to 4 runs per week – try for a PB effort every 4 weeks (e.g. week 1, week 5, week 9)
* Include a session of stretching or yoga on one of your non-running days

|  |  |
| --- | --- |
| Threshold = 4/5 words only  (80-90% effort) | After warm up, run for the suggested time period at faster pace than your normal running speed (and faster than your half marathon target pace). Walk / jog for the recovery period. |
| Steady run = Short sentences (70-80% effort) | Harder effort runs especially on undulating routes. |
| Long run = easy effort / conversational (60-70% effort) | Long slow runs. Don’t worry too much about pace for most of the run but try running one or two miles in each run at your target half marathon pace. Include walk breaks if needed. |
| Easy run = recovery run (60-65% effort) | Use these to recover from threshold sessions or after the longer runs. |